

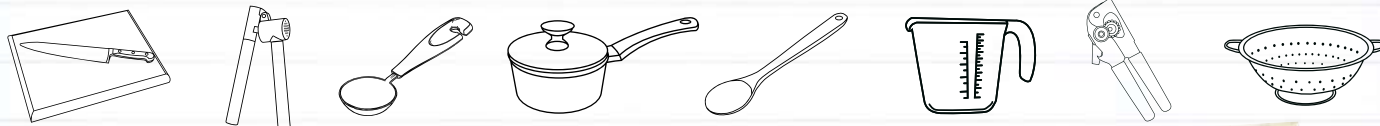
Chilli Con Carne



Ingredients

1 onion	1 x 10ml spoon flour
1 clove garlic	250ml stock (water and stock cube)
1 green pepper	1 x 400g can red kidney beans
1 x 10ml spoon oil	1 x 15ml spoon tomato puree
250g minced beef	1 x 5ml spoon chilli powder

Equipment



Method

1. Prepare the vegetables:
 - peel and chop the onion;
 - peel and crush the garlic;
 - deseed and chop the pepper.
2. Fry the onion and garlic in the oil for 3-4 minutes.
3. Add the minced beef and cook until it has browned.
4. Stir in the flour.
5. Pour in the stock.
6. Drain the red kidney beans and add to the meat.
7. Stir in the tomato purée and chilli powder.
8. Bring to the boil, then allow to simmer for 20 minutes.
9. Add the green pepper and allow to cook for a further 15 minutes.

Top Tips

- Serve with rice, a jacket potato or potato wedges.
- Freeze leftovers for another day.
- Add extra chilli powder for a kick.

Skills

- Handling raw meat
- Using a knife
- Preparing different vegetables

